



# **The Roll out the Barrel Trust**

UK Registered Charity: 1147062

**Pilot Project Distribution**

**Project Analysis Report**

# Uganda: water, sanitation and menstrual hygiene.

10<sup>th</sup> March 2018

## 1. Background information.

The Roll out the Barrel Trust having coordinated family empowerment projects around water accessibility would receive regular on the ground information from our Ugandan Representative Doreen to highlight the desperate need for a solution to lack of feminine hygiene resources in the communities that we are working in. In order to gain a deeper insight into the menstrual hygiene management methods that our rural girls and women were using Doreen gently approached this subject with female community members and confirmed that most only had rag cloths or leaves available.

Doreen conducts community outreach programmes in 7 villages in Luweero where there is an inadequate amount of boreholes to serve the over 1000 families residing in these villages. Many families only have swamps as their primary water source and journey 2km several times a day to provide enough water for their families.



*Doreen demonstrating local water carrying methods and shows us the scarcity of safe water in Luweero.*

Hannah Wallis Joint CEO of ROTB introduced the washable sanitary pad programme to our representative whom discussed with the community women; many rural communities do not have access to disposable sanitary pads as these are only available in bigger cities some distance away. 80% of adolescent girls in Uganda reside in rural communities where a regular supply of sanitary pads is not a financially viable option for girls in low income families. Without adequate waste management the litter that disposable pads create would impose a greater risk to public health in their communities and overfill pit latrines as opposed to the washable pads that can be used hygienically when suitable water is available. Washable pads are manufactured locally thus supporting the local economy too.



*Female elders and adolescent girls were introduced to washable sanitary pad kits in Luweero, Uganda.*

- The Global WASH facts state that 1 in 5 adolescent girls are not attending their high school education compared to 1 in 4 boys; lack of suitable and consistent menstrual hygiene products is a contributing factor.
- Plan International estimate that 1 in 4 teenage girls in Uganda are either pregnant or are already a mother which further reduces their opportunities.
- Girls without feminine hygiene products miss around 8 days of their education every month; equating to approximately 2 months a year! That is a staggering 11% absence rate which is very difficult for girls to catch up on their studies.
- 30% of girls in Uganda are a school dropout which has a detrimental effect on their personal development and economic potential.

Through working with local representatives we are able to form a line of communication with the communities we aim to assist. Discussions around menstruation is socially frowned upon and considered a taboo subject to approach. Even amongst family it is timidly addressed if at all. Our Ugandan Representative successfully conducted project mapping in 7 villages across Luweero jointly identifying 297 beneficiaries for washable sanitary pads. Local female elders were encouraged to contribute and share ideas around this topic as a way of creating community ownership of the project to achieve long term change in addressing the stigma around discussing menstrual hygiene management.

Doreen gently introduced the project to the women elders by demonstrating our water filters, 30 litre water barrels and washable sanitary wear giving them an opportunity to discuss in a safe female only environment to form a plan for distributing to the most vulnerable girls in their community. The women elders suggested a distribution with adolescent girls supported by their mothers to promote open discussion around menstruation within the family to further support adolescent girls.



*Women elders in Rural Luweero, Uganda: Exploring washable sanitary pads, water barrels and filters.*

## **2. Co-ordinating washable sanitary wear in various social and geographic settings.**

The Roll Out the Barrel Trust received a donation of £200 from Refugee Aid From Taunton (RAFT) to supply washable sanitary pads and underwear to Secondary School girls in Luweero after a plea was made from Brethren Care and Community Empowerment Foundation (S.5914/9409) who had received an insufficient amount of washable pads from another donor leaving several school girls without. Challenges were also identified in the schools preparedness to provide education on sexual and reproductive health alongside demonstrations and distribution of pads; Doreen's expertise on this subject was paramount in providing support to girls who had never used pads or received education on puberty.

This gave our Representative an opportunity to form a women's volunteer team with local Rotoractors and gather relevant leaflets from the health centre to include in the school's pad distribution. Upon demonstrating the pads and discussing with female students it became apparent that a majority of the girls did not have suitable underwear to use them, the unisex toilets at the school posed another obstacle for girls to maintain good menstrual hygiene as there was a lack of privacy or adequate washing facilities.



*Doreen assessing sanitation and hygiene needs whilst providing sexual and reproductive health education.*

During March 2017 we piloted the menstrual hygiene project within a school setting promoting peer support whilst including input from female staff and students. Through creating an inclusive female

environment Doreen was able to offer suitable education and answer any questions that the girls wanted to know about their developing bodies during discussions on reproductive health.

80 adolescent girls received washable sanitary pads and underwear with further 30 litre rolling water barrels shared amongst the communities that they represent. A segregated boys and girls toilet block was financed by The Roll Out the Barrel Trust for Brethren Care and Empowerment Foundation which included the cost of washing facilities, toilet rolls and soap for students. In this context we believe that we were able to provide the most effective solution for the benefit of the school, giving girls an equal opportunity to excel academically.



*The first beneficiaries of the ROTB feminine hygiene project: receiving water barrels, washable sanitary pads and underwear.*



*A segregated boys and girls toilet block with private wash room for girls improving overall sanitation of all pupils as well as catering for the needs of girls to remove the obstacles to access their education.*

x37	Washable Sanitary Pad kit (x3 regular x1 maxi pad x1 wash bag)	£108.72
x480	Cotton underwear (6pk)	£191.94
x5	30 litre rolling water barrels (inc delivery from Nairobi)	£210.00
x1	Segregated boys/girls toilet block with washing facilities	£1,020.00
x2	Volunteer travel expenses and on duty snacks	£78.33
	<b>TOTAL:</b>	<b>£1,608.99</b>

In preparation for Menstrual Hygiene Day on 28<sup>th</sup> May The Roll Out the Barrel Trust co-ordinated 2 pallets of water filters, aquaboxes, personal life straws and water barrels for our community projects in Uganda.

Doreen along with her team of female Rotoract volunteers conducted a distribution of 30 litre rotary water barrels, washable sanitary pads with underwear and hygiene kits to celebrate 'Menstrual Hygiene Day'. The women elders had prepared 100 women and teens to participate in the event where 50 rural girls received menstrual support through gently breaking the silence around discussing this topic. Doreen provided education on sexual and reproductive health together with demonstrating the washable pads and rotary water barrels. Their own mothers and female role models openly discussed their experiences around menstruation to encourage girls to seek support from their female peers, family members and elders in the community.



*Our rolling water barrels, washable sanitary pads and underwear distribution to 50 girls in Luweero with our Ugandan Representative.*

£1,300 was raised by Winfred Kitaka and Hannah Wallis during the o2 climb which was specifically allocated to introduce the feminine hygiene project alongside ROTB's existing water and sanitation initiatives in both Kenya and Uganda where collectively we supported 100 girls and young women with sanitary protection.

Rural Luweero in particular has a high amount of girls without menstrual support and the additional water accessibility challenges. The successful implementation of the washable hygiene project was underpinned by the provision of safe clean water for girls and their families. Therefore a complete aid package to include 30 litre water barrels, family edition filters and washable pads were distributed to 50 girls in 7 villages in this region to ensure their hygienic use for a long term solution.



*ROTB empowering a community to take the lead: Breaking the taboo on menstruation through creating a safe platform for women to share their experiences openly on Menstrual Hygiene Day.*

We received the water filters a couple of weeks later but filter demonstrations were given to chosen beneficiaries on the day. In just a short time of using the sanitary wear and the 30 litre water barrels our Ugandan Representative Doreen communicated that the parents in the village had informed her that their girls were able to resume their studies because of the assistance we had provided. The girls were now able to invest their time into their education rather than spending their time at home without sanitary protection or running late for school due to water collection duties.



*ROTB Ugandan Representative distributing family edition water filters to parents of pad beneficiaries.*

x25	30 litre rolling barrel (inc delivery from Nairobi)	£1050.00
x3	30 litre rolling barrel GREY (inc delivery from UK)	£321.75
x18	Family edition filters (inc delivery from UK)	£797.28
x32	Life Straw Family edition filters (inc delivery from UK)	£1349.78
x50	Washable sanitary pad kits (x3 regular x1 maxi pad x1 wash bag)	£161.48
x300	Cotton underwear (6pk)	£117.42
x30	Hygiene kits in vanity case	£0.00
x4	Volunteer transport and snacks	£156.89
	<b>TOTAL:</b>	<b>£3,954.60</b>

Our Representative received positive feedback from the community elders from the villages in Luweero whom support the project in their community through discussing menstruation amongst women and girls. We continued to explore the need for water and feminine hygiene in other areas in Uganda where water quality is a challenge. Removing obstacles to education is vital in impoverished rural regions to break the cycle of poverty; even more so for children who have various physical or communicable barriers which can create further challenges to access education and prepare for future employment.

During August 2017 The Roll Out the Barrel Trust coordinated a malaria net distribution at a school for the deaf in Masaka and conducted a further water and sanitation assessment where Doreen identified beneficiaries for the menstrual hygiene management project. Female teachers had communicated that several of the students had been absent from school either through lack of sanitary protection or from various water borne illnesses. We implemented a WASH workshop to promote hand washing and good hygiene management at the school whilst teachers translated in sign language during Doreen's demonstration of the family edition water filter which is capable of serving the school with up to 100,000 litres of safe clean water for 5 years.





*Doreen demonstrating our family edition filter to student and teachers at the school for the deaf.*

30 girls at the school in Masaka were given education and demonstrations with the assistance of female staff. The girls and their teachers were very appreciative of the programme we offered which provided girls with washable sanitary pads, suitable underwear and a family edition water filter for their school to promote good hygiene management and supply students with safe drinking water to prevent water related illnesses. These collectively have an impact on school attendance having tackled some of the difficulties hearing impaired girls from low income families had to enable them to achieve in their studies.



*Deaf students receive education on menstrual health and hygiene during pad distribution.*



*30 adolescent girls were missing out on their studies due to lack of sanitary protection. Washable pads and underwear were provided.*

x1	Family edition filter (inc delivery from UK)	£44.29
x180	Cotton underwear (6pk)	£83.91
x30	Washable sanitary pad kits (x3 regular, x1 maxi x1 wash bag)	£95.48
X1	Transport and volunteer snacks	£54.00
	<b>TOTAL:</b>	<b>£277.68</b>

### 3. Testimonials from our Ugandan beneficiaries.

Our first beneficiaries of the washable feminine hygiene project having been told ‘no you can’t’ during their menstrual cycle, named the initiative the ‘yes we can project’. The 80 girls in this school paraded the school playground after distribution to celebrate the empowerment and opportunities they now feel able to pursue having tools of dignity provided them.

*“Today I am able to come to school to learn and having my period and nobody can tell, I am comfortable thanks to the yes we can project”*

The young adolescent girl on the left felt inspired to perform a poem to her classmates to raise awareness of period shaming aswell as highlighting the social issues on sex for gifts that teenage girls from low income families can be the target of.



*These two female students were the first to break the silence on menstrual stigma in their class, Luweero, Uganda.*

Our representative returned to villages in Luweero to conduct a follow up of the menstrual hygiene project to document the impact it has had to young adolescent girls in particular as well as paying attention to the empowerment of the wider community. Doreen mentioned that since the distribution of water barrels, filters and the washable pads girls have been able to resume their studies with more confidence and comfort during their cycle. The rolling water barrels have enabled them to spend less time collecting their water; meaning that they are not late for class and have some free time to explore revenue making activities. This teen is busy making baskets and mats after completing her water collection duties for the weekend.

*“We thank you for your support for sanitary pads and underwear. We are happy because we are now able to enjoy ourselves on our periods”*



*Two girls from rural Luweero whom benefited from washable pads, water filters and the 30 litre rolling barrel.*

Our Representative continued to liaise with the community elders in rural Luweero over 6 months where the need for menstrual support for school going girls continued to grow. Through building on our relationship with small organisations in the UK we jointly implemented a sewing machine project for girls to make their own washable sanitary pads which is 100% funded by their own donors in support of our water and sanitation projects enabling the community to create a solution to the needs of their girls. Doreen identified several girls groups where this could be initiated in the near future where they thanked us for sanitary pads, underwear and water equipment but made a plea to also assist other girls in their schools and communities.

**“Thank you for the sanitary pads that you have given us, we feel well when we are at school and comfortable when we are with our friends, we please request that you send more to help others as they do not have. We are feeling happy when we are collecting our water and using our rolling barrel”**



*School girls discussing students hygiene needs. Some are still unable to attend class without sanitary protection during their cycle.*

**“Thank you for this water barrel that you gave us; it is good when I collect water as I don’t need power to lift it. Some people admire it because it is good to carry water; I hope that you can please send us some more water barrels. Some of us travel 10km a day for water”**



*School girl praising the barrel for its ease of use and mentioned more are needed for other families.*

Teachers at the school for the deaf in Masaka thanked us for the sanitary pad programme to vulnerable school girls and translated a message in sign language from one of the female students who demonstrated the water filter in use at the school. The water filter has improved health and hygiene of students who can have access to safe water.

***“We want to thank the donors who gave us this water filter; it is very good and is giving us good health from the water we have taken. Before we did not have good drinking water it is so wonderful that you gave us deaf children this, thank you so much”***

Translated from sign language.

***“The girls who come to this school are from poor backgrounds, some only having three pairs of underwear and they do not have pads. Sometimes girls only have toilet papers which isn't enough to protect them”***



*School for the deaf in Masaka: Demonstrating the water filter whilst their teacher talks about the challenges of the girls in her school.*

#### 4. Distribution Information.

- 160 rural school girls received washable sanitary pads, underwear and education on menstrual hygiene management in 3 different areas to understand the various challenges faced by girls to access education, safe water and sanitation during their adolescent years.
- 25 rolling water barrels were distributed to school girls in rural Luweero; enabling girls to complete water collection duties efficiently so not to impact on their schooling and improve the lives of their families.
- 5 rolling water barrels shared between 80 girls from the Brethren Care and Community Foundation School in Luweero enabling them to share water collecting duties in their close knit communities and provide water to care for their hygiene needs.
- 50 family edition filters capable of providing 100,000 litres of potable water given to school girls in rural Luweero to ensure safe drinking water for their families and secures the longevity of the washable pads where water is unsafe. 1 family filter to the deaf school in Masaka where 30 girls received pads.
- Segregated boys and girls toilet block installed for Brethren Care and Community Foundation to promote dignity and privacy for school girls during their cycle.



*Our rolling water barrels alongside washable sanitary pads ready for distribution to 50 girls in Luweero.*



*The Roll Out the Barrel Trust water, sanitation and menstrual hygiene initiative successfully piloted in Uganda.*



*ROTB Representative in with female Rotoract volunteers.*